Ec -Sense

The Human Ecology Foundation of Canada
La Fondation canadienne pour l'écologie humaine

Ottawa

Summer 1988

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DISTRIBUTION

Marjorie Seward

President's Message

Chris Brown, a member of the Human Ecology Foundation (Ottawa Branch) has been actively seeking recognition of Environmental Hypersensitivity from a range of public officials from all political parties.

Largely due to his actions, Sheila Copps, Liberal Health Critic, has issued a press release recognizing the problems of persons with Environmental Hypersensitivity and the Minister of Health and Welfare, the Honourable Jake Epp, has acknowledged privately in a letter to Chris, his support for the concept that some people have a problem with hypersensitivity to chemicals.

Nevertheless, the Department of National Health and Welfare has persistently declined to acknowledge environmental hypersensitivities. In response to questioning by the Chairman of the House of Commons Committee on the Health Care System and Its Funding on June 22, 1988, Dr. A. J. Liston, Assistant Deputy Minister, Health Protection Branch said, "We (the department) are not denying that individuals can have adverse.. ..or environmental sensitivity type of exposure or reactions."

However Dr. Liston also said that he is of the view that the management of the condition is in large part the responsibility of medical practice which is under provincial rather than federal jurisdication. "Responsibility for comprehensive policies in the treatment of idiosyncratic reactions resides in the provinces."

Dr. Liston said that the role of the federal government is to control chemicals, control how much is released into the environment, to try to prevent....the contamination of the environment, of the home, of drinking water, of food, of a variety of commodities we come in contact with. At another point Dr. Liston mentioned that there is a "continuum" and that if the federal government could prevent chemicals from entering the environment then presumably fewer individuals would be injured.

The Human Ecology Foundation also submitted a brief on March 30, 1988, reference to which is made in "On Being Heard" elsewhere in this issue of ECO-SENSE. The Committee contributing to the brief co-ordinated by myself and Lynda Brooks, also included Fred Light, Kitty and John Nelms.

In the next issue we will be discussing further our initiatives to obtain compensation from governments, provincial health insurances plans, and supplementary medical and health benefit plans offer- by employers.

Sincerely,
Anne Castle

WE INVITE YOU TO JOIN US

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation 's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to the Human Ecology Foundation of Canada) for $20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada, K2H 7V1.

THE HUMAN ECOLOGY FOUNDATION OF CANADA

Name _____

Address _____

Postal Code _____

Telephone _____

I am enclosing a cheque ___ money order___ for $20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

*Optional - This membership is a gift to the above from _____

(Optional) In addition, I am enclosing a donation of $_____ to further the purposes of the Foundation. (All donations are tax deductible as charitable donations).

Corporate Sponsorship $100.00.

WELLNESS vs HEALTH.. *ARE THEY THE SAME?*

by Lynda Brooks

According to the dictionary HEALTH is a sound physical and mental condition. To me health is having my physical body functioning perfectly.

I have often struggled with the new age thinking. They (n.a.t's) say that you can think your way to health. Is that what they really mean? Being a nurse I have a great deal of difficulty with this line of thought. What about Rick Hansen, Terry Fox, those with M.S. etc? How long would they have to mentally heal themselves? Could it be possible? Anything is possible with the correct technology and set of circumstances but is it logical to think that it is probable? If we can not all obtain health then why not just give up?

I am sure that many a handicapped person has asked himself/herself that question. What makes the survivors a step above the rest? The difference is their ability to obtain wellness.

Wellness, I believe, is having a love and zest for life. Enjoying every moment.

Can we have wellness without health? I believe that we can, but I don't think that we are likely to have health without wellness.

Would you consider Rick Hansen to be healthy or well? There are those who become physically disabled and then become paralyzed not only in their bodies but also in their minds and maybe in their souls. They lose their reason for living and the essence of life. There are others who manage work through all the different stages and come to acceptance through letting go of the old and making way for the new. They get on with their lives. They set high but realistic goals. When they have a setback they look at it as a time to reflect. They then pick themselves up, dust themselves off and start all over again.

We always have choices. We can choose to look upon this time as an opportunity for change, to take time to reflect on our lives, as a learning experience and challenge or we can let it consume us. The choice is ultimately our own.

I believe that wellness is accepting the challenge, growing with it and becoming a happier, more loving, giving individual who can see beauty and good in everything and everyone.

Are you ready to meet the challenge? «

! Veuillèz Noter !

Dans la dernière publication de ECO-SENSE au printemps '88 nous avons publié un article entitulé "Détecteur de pollution électronique" qui provenait du Consommateur Canadien, de décembre 1987. Cet article traitait des montres de marque "Teslar".

'Nous avons depuis été avisé par la direction' de la compagnie Essentia, Ottawa, qui sont distributeurs de la montre Teslar, que l' article contenait de mauvais renseignements, qui est présentement le sujet de dialogue entre Essentia et les auteurs de l'article.

Malgré que nous ne pouvons passer commentaire ou retirer le contenu de cet article, nous tenons à offrir nos excuses à nos amis à Essentia pour tout embarassement ou inconvénient que notre reproduction de cet article, sans avoir en premier lieu communiqué avec eux, aura pu leur causer.

Les éditrices

BACH FLOWERS IN HUMAN ECOLOGY

by Lynda Brooks

I would like to introduce you to the BACH FLOWERS. Bach Flowers are homeopathic remedies made exclusively from nature. These remedies deal with our different emotional states.

Bach Flowers were first used in 1928 by Dr. Edward Bach their discoverer. Dr. Bach was a highly regarded doctor who lived in England from 1886 to 1936 and was a bacteriologist, pathologist, homeopathist, a Mason and a researcher.

During his life he observed that people with the same condition did not always respond the same way to specific treatment for that condition, but those people with the same personalities responded the same way to the same treatment; e.g. if you had several people with breast cancer and gave them all chemotherapy, those who had a positive response would all share the same personality traits whereas those who receive little or no response would all have very different personality traits.

This observation suggested to Dr. Bach that the personality or Emotional state played a great role in disease. The longer Dr. Bach worked with allopathic medicine, the more dissatisfied he became, due to the varying results. Dr. Bach preferred the concept of Homeopathy but still felt that it could be improved upon. This prompted him, the humanitarian, to set out to discover a more reliable form of therapy, and the theory that all dis-ease is due to the struggle between the soul and the individual. Therefore, to put the emotional body into balance would help the physical body. This in turn would be more reliable because you do not have to worry about what condition is being treated but only what emotions are out of balance.

Environmental Hypersensitivity is a stress overload condition. What could be more stressful than an imbalance between the physical and emotional states?

I know your concerns. You are saying "here is someone else telling me that it is all in my head." That is not what I am implying at all. But I do wish to state that it does not matter if an illness is psychosomatic or somapsychic. What does matter is how you can improve your life.

When I started the Bach course it was with reluctance. I felt that the remedies would be useful for those people who, in my opinion, became ill due to a stress overload only. I did not believe that this form of remedial therapy would be universally useful. After all, I knew that all of my own problems were physiologically based.

One day I was forced to re-evaluate my opinion. While I was doing an ironing, I accidentally tipped the water in the iron over my hand. The consequence was first, second and third degree burns on my right hand. I didn't want to go to the hospital if I didn't have to. First I placed my hand in cold water, but that did not seem to help. Then I remembered reading an unbelievable case history about a burn and BACH'S RESCUE REMEDY so I decided to try it. I rubbed the cream on my hand and then kept it in cold water. I continued this procedure about every half hour for the next four hours. By this time it was late and I decided to go to bed in severe pain. I realized that if my hand had not improved by morning I would have to go to the hospital. Much to my surprise, when I woke up most of the first degree burn had disappeared. I continued to apply the Rescue Remedy Cream about every four hours. The pain told me when it was time to reapply the cream. After two weeks the burn had completely healed.

This shook my former belief system. I had what I considered a strictly physiological problem which was cured by a strictly emotional therapy. Could Dr. Bach have been right?

Now that I was a believer, my next question was "Will the Bach Remedies be well enough tolerated by sensitive people to be useful in treatment?"

Bach Flowers are derived from nature - trees, flowers and vines etc. Only the energy of these flowers is actually used. Yes, they are stabilized in alcohol, but when the dosage bottle is made up only a few drops of the stock bottle are added to the dosage bottle which is then filled with your own tolerable water.

next page

BACH cont...

If you still are unable to tolerate it internally, then you can add the drops to your bath or put a drop in your hand, or just simply hold the bottle in your hand. You will find that in most cases this will be just as effective since they work on an energy level. Even the most sensitive people I have worked with have received benefit from the Bach Flowers.

I must state here that knowledge, expertise and caution should be used. Be sure that the person you consult for the Bach Flowers is qualified and that they have a working knowledge of Environmental Hypersensitivity, as Bach Flowers are very powerful.

There are 38 Bach Flowers which Dr. Bach put into seven different categories. These categories or states are:

Fear
Uncertainty
Insufficient Interest in Present Circumstances,
Loneliness
Oversensitive to Influences & Ideas
Despondency or Despair
Overcare for the Welfare of Others

These states can be longstanding or fleeting. Therefore the way the Bach Flowers are used can also be for either state. You can treat the individual's constitutional type(according to their basic makeup) or you can be given the remedies according to the specific imbalanced state which is presenting itself at that specific time. Either method is correct. Some people have become temporarily out of balance, while for others it has been a long a long slow progression and it well entrenched. This is why the different approaches are both applicable and why they may be used together.

Respectively some people will have a dramatic response, while others seem to take forever to get a response. Eventually profound changes can take place.

People who are Environmentally Hypersensitive usually over-react to anything to which they are sensitive. They are out of balance. I have always appeared well-balanced on the outside, but I know how I react on the inside. Since I have used the Bachs I do not react as strongly as I once did. I would like to explain the difference.

The other day I went to an early morning appointment. For those of you who know me, they will realize how traumatic it is for me to get up early. I am allergic to mornings! I arrived at my appointment and was greeted by my therapist who stated that she was sorry that she hadn't phoned, but she was sick and couldn't treat me.

My normal response would have been to be pleasant on the outside, but I would be disappointed, frustrated, angry and dejected on the inside. My dialogue would have been something like "You didn't care enough to give me a call, you know I hate getting up early -why do these things happen to me?" To my surprise though, all I felt was compassion. I left the place where my appointment was to be feeling good about the whole experience. This was liberating.

I came to this point through self-discovery, reading, as well as through studying and use of the Bach Flowers. Being in balance is wonderful, the world is beautiful and life is worth living. Bach Flowers are a wonderful balancer.

Thank you for this opportunity to share the Bach Flowers with you. «

Healthy household hints

Sealing Chipboard

A mixture of white glue and water, diluted to the consistency of paint can be applied to chipboard which is over 3 years old to prevent the formaldahyde used in the production of the chipboard from outgassing.

-Lynda Brooks

A Word re Vacuums

When I recently picked up my Hoover vacuum cleaner after minor repairs, on first using it again, there was a terrible chemical smell. When I inquired of the Hoover service depot, I was told that it (the odour) was a "deodorizing" disc which they place in the bags after servicing. Even after throwing away both the offending disc and the disposible bag, some smell lingers on. I must open the windows and wear a mask while vacuuming to avoid a headache and dizziness.

- Alice Kopp

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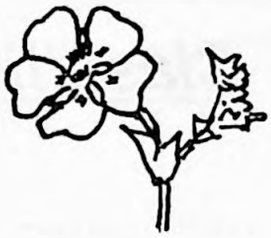
Shared Tips



Our thanks to Barbara Bellin for this contribution.

UNSCENTED PRODUCTS

(1) Samples:
Would you like to try small samples (at cost) of Shaklee Basic H, borax, Bon Ami cleaner, Nature Clean shampoo and conditioner, or Clinique moisterizer and soap? Call Barb at 238-2403

(2) Sources:
Basic H and other Shaklee products are available from Shirley Lennox, 737-6043 - ask about HEF discount. Unscented 20 Mule Team Borax from Loblaw's (Billings Bridge and probably elsewhere) and Bon Ami from the Home Hardware store at Westgate.

(3) Sun Cream:
Need sun protection but can't tolerate commercial products? Ottawa Chemists will make up a PABA cream using Dermabase, an unscented and relatively tolerated cream base. (It does have a slightly chemical smell).

PERMANENT WAVES

Unwilling to give up perms for your limp hair, even though the smell makes you sick? Help is at hand. Aquarius Hair Design at 1567 Bank (733-8463) and 2525 Carling (Lincoln Fields, 828-2161) has a new acidic formula perm which has no ammonia odour and relatively little perfume, and is much gentler for hair and scalp.

Ask for Marta and tell her Barb sent you. (She's very co-operative about sensitivities, I've been training her for years!)

A P.S. from Judy Benson to this one—book your appointment early in the morning, before the air is filled with fumes from other client's perms, sprays, gels, etc.

EGGS
Are you better off with "quack" and "honk" than with "cheep, cheep"? Top Banana on Bank Street now has free range duck and goose eggs. It might be a good idea to phone before going there to make sure there are some available the day of your shopping trip.

AIR CLEANERS

The HEF owns a Tibbits air cleaner which may be rented for $10./week, for a trial period of up to 3 weeks. Phone Barb at 238-2403. If you need information about air cleaners in general, or have information that I could pass on the other HEF members, please feel free to call.
*I also have available a large quantity of part-cotton felt filter material (at cost - cheap) which may be substituted for synthetic filters in most air cleaners.

GOING TO TORONTO?

Fran's Restaurants at 20 College, 2275 Yonge and 21 St. Clair W. have superior smoke-free areas. They are very co-operative about providing relatively simple food, and prices are moderate. Highly recommended for occasions where restaurant dining is your only choice.

«

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Source située à/Spring located at: Sainte-Brigitte de Laval, (Québec).
Analyse/Analysis P.P.M.:
Ca: 9.8 – Mg: 2.5 – Na: 4 – K: 0 – As: 0 HCO_3: 34 – F: 0.23 – Cl: 6 – SO_4: 2 – Pb: 0 – Zn: 0 – Cu: 0 – Ni: 0.2
Teneur en sels minéraux dissous/Total dissolved mineral salts: 58 P.P.M. Ozonisée/ozonized

Free trial
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Home delivery
Livraison à domicile

663-0356

Healthy Household Hints cont...

NATURAL PAINT

Natural paint, varnish and lacquer is now available from:

5015 Yonge Street,
Willowdale, Ont.
(416)229-4199
-Lynda Brooks

Sealing Chipboard

A mixture of white glue and water, diluted to the consistency of paint can be applied to chipboard which is over 3 years old to prevent the formaldahyde used in the production of the chipboard from outgassing.
-Lynda Brooks

HAIRDOS AT HOME

Gisele of Gisele's Beauty Services will give hair care services in a client's own home. She will only extend this service to those who cannot, for one reason or another, go into a beauty salon.

She is bilingual, brings her own towels and goes to various sections of the region, visiting clients in the same area on the same day.

Call her at 746-7470. Cheryl Osborne has kindly passed along this information and she has discussed our particular needs with Gisele.

When making an appointment be sure to describe your unique sensitivities insofar as hair care products are concerned, as well as reminding her not to wear perfume, etc. etc.

Classifieds

WANTED: Water distiller. 592-1736 or 564-3869 (Stephen)

FOR SALE: Acme juicer, S/S, very good condition, $90. Call Fred 829-7518.

ADDITION TO 'Crystal Air' FAMILY

Crystal Air, a sealant paint used to contain noxious fumes from wood, paint, chipboard etc. now is available in colours.

Paint, Wax etc. Samples

Samples of the LIVOS line of non-toxic home products are available to HEF members for testing. Call Judy Benson 729-2659 to borrow the "kit".

YOUR NOTICE GOES HERE!

OTTAWA CHEMISTS CLINIC PHARMACY

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192 Laurier Avenue West
(in the Liberal Centre, 200 Laurier Avenue West)
Ottawa, Ontario
K1P 5J8

613-235-3993

The Tester Program

One of the problems which people with environmental hypersensitivity have (among a multitude of others) is the purchasing of nutritional supplements and subsequently discovering that they cannot tolerate the product for some reason. The result is many, many bottles of supplements collecting on a shelf somewhere with only a few used. This practice is expensive and wasteful but until now it was an unavoidable burden associated with nutritional supplementation therapy for ecological type illnesses. It is time to address this wasteful problem.

Although we cannot offer this program for every single product we sell, OTTAWA CHEMISTS CLINIC PHARMACY is now offering, for sale, small quantities of our private brands and major sales items, for a testing opportunity, for a small premium over the regular selling price.

Here's how it works....Say you want to try a vitamin E 400 IU natural product and our Havervites brand costs $11.95/100 caps. The product is a lot of money and you are worried that you may not tolerate the item. You can now buy a "tester size" which we will make up for you for a premium added to the pro-rated price to cover the cost of the effort. In this case the cost would be $1.80/10 caps. Though the 10 capsules are more costly per capsule, the risk of first purchase to see if you can tolerate the product you wish to try is very much reduced.

Insurance coverage

Nutritional supplements can be costly and the common ones are usually not covered by insurance plans.

If you are an Ontario Drug Benefit (ODB) recipient many of these products can be made to be covered by this plan with the help of your physician. (Did you know that some herbal products can be covered by ODB?)

Call anytime to arrange an opportunity for us to review your supplements so eligibility for ODB coverage can be achieved.

This service is also available for those who have other insurance plans (eg. Blue Cross, P.C.S., etc.)

Nutritional supplements on prescription

Always get prescriptions for your nutritional supplements. Products on prescription cost no more, improve the quality of your health care monitoring, and may provide you with valuable tax deductions or credits (if they cannot be reimbursed by insurance plans.)

Our ongoing sale

Buy any 5 of the same nutritional supplement price and obtain a 25% discount. People should group together and save. It's sensible, sociable, and thrifty!

We hope you like our programs and services. Your comments and suggestions are always appreciated.

Medical Symposium Report

Lynda Brooks

Everyone was welcomed by Dr. J. Maclennan.

Everyone was welcomed by Dr. J. Maclennan.
Dr. Frank Waikman spoke about the recognition of the environmentally hypersensitive patient. Dr. J. G. Maclennan followed by telling us how to manage these patients. These topics have been covered before in the Quarterly so I will not use the space to go over it again.

Nancy Didreksen Phd. (from the Dallas clinic) presented "Emotional Support Used at the Clinic". Because of the lack of space in the newletter, I will give you just the topics she presented.

1. Education-of the patient, family and support system.
   Awareness-keeping diaries etc.
   Enlist aid-of everyone and anyone.

2. Tolerate or adjust to negative events or realities associated with E.I.
   a) relocate - if necessary job, home, etc., peer acceptance.
   b) occupational changes - as an opportunity for growth.
   c) coping with decreased intellectual abilities.
   d) isolation - need to get back into society.
   e) decreased interpersonal relationships - fears aggravated.
   f) negative perception of others.
   g) reactive states.

3. Maintain a positive self image.
   a) love of self and others (ask yourself, 'Who do I need to forgive?')
   b) personal responsibility - take self responsibility for health. Bad habits demonstrate lack of self-love.
   c) faith - need faith in physician, treatment and a higher power.
   d) attitudes - positive attitudes strengthen the immune system. Negative attitudes weaken the immune system.
   e) emotions.
   f) belief systems.

4. Maintain Emotional Equilibrium.
   a) flexibility is essential.
   b) changes in perception - the realization that we always have choices.
   c) releasing the past.
   d) focus of control - belief of being able to effect changes.
   e) shifting attention.
   f) setting realistic goals.
   g) humour - laughter provides internal jogging, releases endorphins, fun should be high priority.
   h) stress management, e.g. visualization, meditation, deep breathing, autogenic training, progressive relaxation or self affirmations and they (the Clinic) use A Course in Miracles.

5. Continuing satisfying relationship with others, church, family, doctors, pets etc.
   a) educate these people.
   b) encourage interaction.
   c) continue religious affiliation.
   d) acceptance and forgiveness, sympathy, understanding, touching, sharing emotions, and encouraging questions.

Dr. Doris Rapp spoke, used films and slides to show how sensitivities manifest in children and how effective the treatment can be.

cont. next page

Centre de DISTILLATION Centre
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Ottawa, Ont. K2A 1S7 CANADA

Louis Poulin
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Clean Water for Cooking and Drinking
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REPORT cont....

Carey Stevens, Phd. and Dr. John Molot spoke about the psychological testing that had been done on some of Dr. Molot's patients and their perception of the tests. They summarized that certain types of people were better suited to recovery than others.

Dr. Krop and N. Didreksen phd presented a case study.

Dr. Wm. Rae talked about the effects of chemicals on the lymbic system. It is hypothesized that chemicals can invade the cerebellum. He stated how important it is to remove these chemicals before there is fixed tissue damage.

R. Bertell Phd. ended the day's proceedings by talking about global radiation problems. He stated that food irradiation kills salmonella but does not kill the bacteria which responds to levels above that used to irradiate foods. Botulism is one of these organisms. The bacteria which makes food appear spoiled will be killed so you will not visually be able to see if the food in fact is old and deteriorating. He stated that with video displays you can screen the magnetic fields given off but you can't the electric field. He also stated that the back of the machines are worse that the front of the machines. (Maybe the nuclear industry wants to irradiate food to save its failing industry rather than to save the starving people of the world. What country would irradiate food if the country who is selling you the reactor does not use it?)

The Saturday morning of the Symposium was devoted to Epstein Barr Virus.

Dr. I. Salit (internist) stated that he felt there was no one cause for the condition. The criterion for it was prolonged weakness and fatigue occurring after an infection. He noted that the Virus appears to predominantly attack psychologically susceptible people and results in immune dysfunction, a sleep disorder, and psychological symptoms. In his view, optimal therapy consists of explaining how the illness occurs, ruling out other underlying diseases, reassurance and appropriate management of activities of daily living. He did agree that these people did have an ongoing viral infection.

Dr. Krop and R. Radulesque Phd. presented a case history of a patient with C.E.B.V. as well as discussing blood work of several patients. They consider the virus to be latent rather than dormant. They treated the patients with I. V. Vitamin C, Calcium, Magnesium, Iron and sometimes Thyroxine. They had very good results in five days. They summarized that it was therefore a viral condition and not a psychological condition.

Dr. F. N. Pitts (Biological Psychologist) believes that there is a biological co-ordinated depression.
C.E.B.V. is familial. There are at least 40 different conditions which are accompanied by depression, e.g. all andocrinopthies, most collogen conditions, immune conditions and central nervouse system conditions. He said that the liver is majority effected. Dr. Pitts' research showed that depression and E.B.V. have decreased intracellular magnesium, calcium and iron. This will not show up in regular blood work. The I.V. replacement of

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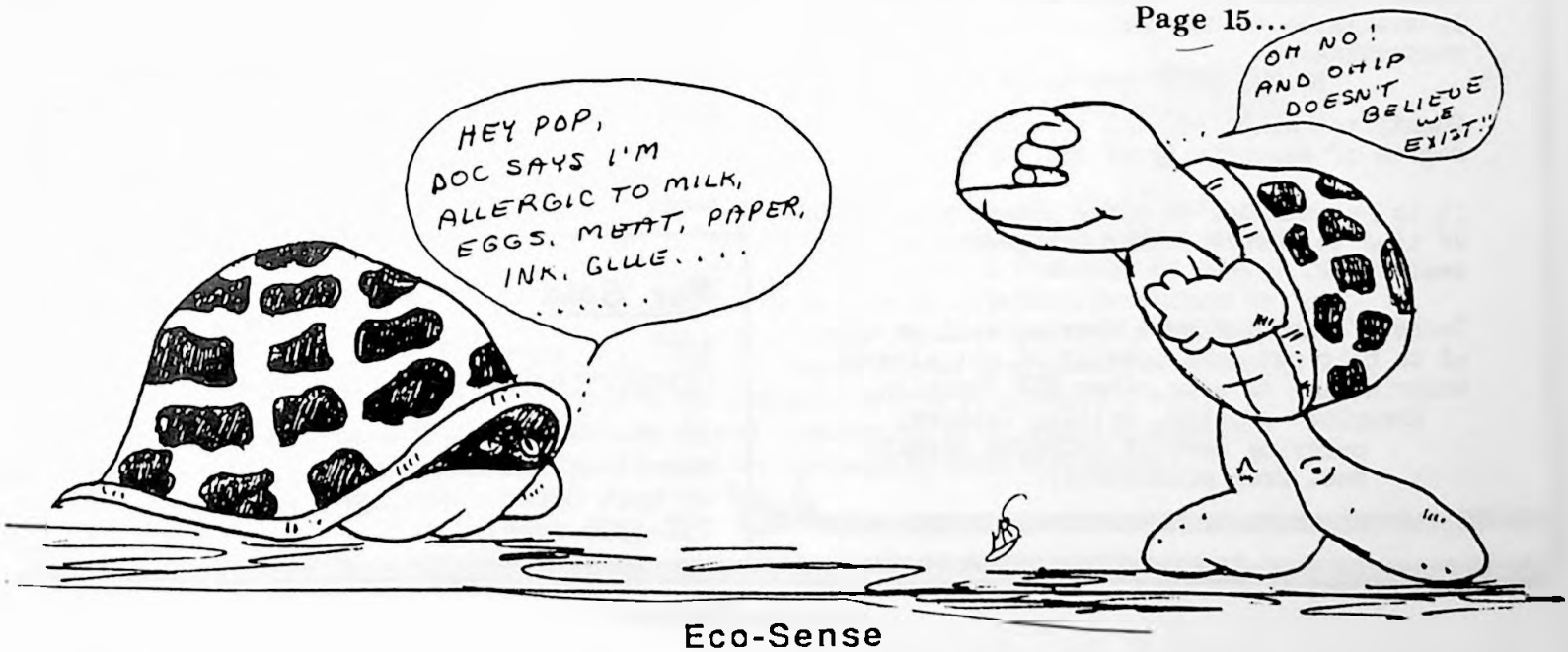

Events Events Events

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Events Events Events

All activities will be held at the McNabb Community Centre unless otherwise specified.

Thursday, September 15
7:30 p.m.

TAX DEDUCTIONS, HEALTH INSURANCE,

APPLYING FOR DISABILITY INSURANCE,

HOUSING

November 18 & 19

(tentative)

A Conference on

INDOOR AIR POLLUTION

Charlebois High School

!! WILD GAME FREEZER HAS MOVED !!

Since August, the HEF wild game and organic meat service is under the responsibility of MANON GAUDREAU.

Our thanks to Carolyn McCoy who had been fulfilling this function for so long.

Moose, venison and organic beef are currently available to HEF members. The price is respectively:

$2.00, $2.00 and $3.00 per lb.

Quantities allotted will depend on the degree of sensitivity of the buyer.

It is recommended to place orders well ahead of time to ensure better management of the meat stock.

Users of the wild game service will be asked to help out occasionally if not already contributing to some other HEF function.

Example: phoning, writing letters, carrying meat or ordering organic meat from producer(s).

If you buy organic meat directly from producers and would like to share some with others, let Manon know.

The freezer is now located at 5, chemin Castelbeau, Aylmer, Québec.
From Champlain Bridge, take Highway 148 (also known as chemin d'Aylmer or upper Aylmer Road) going west. Drive for 3 kilometers and then turn right onto Castelbeau. Number 5 will be the first house on the right hand side of the road.

Call Manon at (819) 684-2036 for an appointment.

«

For Sale

AND .....What better place for this CLASSIFIED but right here!.....

15 cu. ft. chest freezer, white, excellent, baskets incl. $175. or best offer. Marilyn Cavill, 737-5396 evgs.

On Being Heard....

by Anne Buckingham

This article was prompted by my impatience (which I am sure you all share with me) with the incredibly slow pace of governments - Federal, Provincial and Municipal and the painfully inadequate help they dole out to people with Environmental Illness.

Anne Castle happened to be in direct line when I was venting my frustration at one of our executive meetings. Sorry Anne - the way I worded my invective may have sounded like an attack on you personally, but as far as I know you are not an alderperson, councillor, M.P.P., or an M. P. That might be an idea for the future though! Goodness knows, with the grudging help we receive we are creeping along at a snail's pace with regard to ameliorating our health problems. Maybe it is time we became politicized as a group as others have done in recent months. Oh, for some energy!

Well, anyway - as a result of the meeting of which I speak, Anne sent me a copy of the brief prepared by H.E.F. Canada for the House of Commons Standing Committee on Health and Welfare Study of the Health Care system and Its Funding, dated March 30, 1988.

Three years ago - before I found a doctor who had a very precise idea of the nature of my numerous problems, I spent a good deal of time bedridden, with violent headaches and other symptoms. I am sufficiently well now to have gotten some of my old combativeness back and I guess I want to look to my future with a certain amount of

next Page...

NUTRI-CHEM PHARMACY

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NUTRI-DOPHILUS PLUS OTC

Nutri-Dophilus Plus OTC has twice the potency of any other acidophilus product available on the market; e.g., Sisu Dophilus Plus has only 2 billion units.

Nutri-Dophilus Plus OTC, designed by Kent MacLeod, B.Sc. Pharm., Pharmicist/Owner of Nutri-Chem Pharmacy, is milk-free and has a proper ratio of the bacteria L. acidophilus, L. Bifidus and S. Faecium. As well as these factors it is enteric-coated to protect the bacteria from destruction by stomach acid. It is important to note that L. Acidophilus and L. Bifidus are unstable to acid and unless they are enteric-coated most of the bacteria will be destroyed by the acid in the stomach. In spite of all this it is less expensive than Sisu-Dophilus and other brands of acidophilus. It is also available in prescription format for coverage by most drug plans.

HEARD cont...

hope and pleasure instead of the hopelessness and apprehension I felt before. I am also mindful of the fact that HEF has a membership of about 350 souls who all have the same hopes that I do, so with that in mind I have looked through the brief and have left most of it as it was presented with minor editing. For want of space (and time) some of the text had to be left out. Here goes!

The definition of Environmental Hypersensitivity (hereafter referred to as e.h.) is taken from the Thomson Report on Environmental Hypersensitivity Disorders.

The objective of H.E.F. Canada in presenting the brief is to bring to the Committees' attention:

1. the suffering caused by e.h.

2. the lack of recognition of e.h. by the health care system and the resultant lack of adequate patient care.

3. the intolerable economic burden for families because of the lack of coverage by public and private medical plans

4. the blatant prejudice and discrimination by medical practitioners and the health care system towards people suffering from this disorder.

Secondly, the brief is bringing attention to the proliferation of debilitating chemicals and their effects on human health and the rapidly increasing number of people affected.

A clear distinction is made beween allopathic allergy practitioners and clinical ecologists. A brief summary is given of the effective ways that the latter group is helpful to the e.h. person. The H.E.F. Committee emphasizes the need to bring together all practitioners to the aid of the e. h. rather than the divisive, acrimonious debate now taking place among the different medical specialties, a debate which helps no one.

The Federal Department of the Environment and the Secretary of State provided financial support for the national H.E.F. Conference in 1987. The Ontario Housing Corporation has provided some grants and loans to persons disabled by e.h. who require modifications to their homes. All this is well and good but lack of official recognition of the disease and concurrent lack of treatment means that provincial medical insurance and private health insurance plans do not cover expenditures for medical treatments. Although expenses in terms of food, nutritional supplements and complementary medical fees would exceed the expense of persons with more observable physical disabilities, there is no consistent policy of assistance under the Federal Income Tax laws. In addition, the number of medical practitioners specializing in the treatment of the e.h. is limited and they are not recognized.

The Thomson Committee Report states that the conflict seems to be moving to the courtroom. In the U.S., the Association of Trial Lawyers of America adopted a resolution which recognizes that ecological illness is an emerging and potentially major public health problem and supports environmentally hypersensitivity victims. The HEF of Canada feels we should not have to resort to litigation in order to receive equality before the law.

The brief cites some of the effects of the environment on human health. Man-made chemicals have added much to our enjoyment of life. Unfortunately, we are now finding that some of them are damaging to human health. E. H. people are like the canaries used in the mines to give advance warning of poisonous vapours. The dreadful condition of our membership is a warning. (Is anybody listening? We are ill now. How many more will there be in the near future? What does it take for governments to listen, recognize the seriousness of the problem and plan comprehensive remedial policies to aid e. h. people?)
HEF wants the health care system to consider the importance of a healthy unpolluted environment in preventing degenerative diseases. More resources should be available for the prevention of illness and the promotion of good health rather than the costly interventionist "high tech medicine" practiced today.

Environmentally hypersensitive people's access to social assistance and insurance is varied and uncertain. After protracted and frustrating claims processes, benefits under provincial social service plans have been received by some. The subjective attitude of the examining doctor has a major impact on whether one receives Workman's Compensation benefits. Where medical tests do not reveal organic disease in the e.h., doctors have a strong tendency to refer patients to psychologists and psychiatrists. Members of HEF who work in the medical profession tell stories

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HEARD.....
of doctors laughing at patients who claim to experience medical symptoms as a result of exposure to certain foods and chemicals. This is unprofessional, undignified and downright ignorant. We have a legal right (as disabled and handicapped individuals) to receive medical treatment without discrimination.

The inadequacy of treatment is cited in the brief. The Thomson Commission noted that every person with e.h. improves with a "clean" place to sleep, clean air and water as well as unprocessed foods grown without pesticides and chemical fertilizers. In the view of HEF, complementary medicine as practiced by chiropractors, homeopaths, osteopaths, naturopaths, acupuncturists, and nutritionists does not conflict with traditional medicine and has benefitted many of our members. However, these disciplines are under attack by the medical community in North America.

Hostility to "new illness" has been shown throughout the centuries. A certain Dr. Simmelweis, a doctor in 19th century Europe clearly demonstrated that handwashing by physicians would decrease mortality rates amongst patients. He was harassed into obscurity.

People with e.h. have not benefitted from the current health care system which is dependent on expensive technologies which diagnose diseases only when they have reached the acute stage requiring invasive interventionist medical technology. HEF envisages the diversion of scarce financial resources away from the acute health care system toward the maintenance of good health and prevention of illness. Clinical Ecologists such as Drs. W. Rea, F. Walkman and J. Krop have demonstrated the preventative and cost effective character of clinical ecology - particularly in the long-run.
HEF wants unbiased, scientific research on e.h. to be undertaken by the Government of Canada and is of the view that this would require a cross disciplinary and cross departmental committee of scientists in the Departments of National Health and Welfare, Environment, Agriculture and the National Research Council. An evaluation of the existing

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Seasonal Food Cravings

Reduced exposure to natural light beginning in September or October and continuing into the Spring can produce a sudden craving for high-carbohydrate foods like ice cream and pasta. The phenomenon is know as Seasonal Affective Disorder (SAD). It manifests as a moderate type of depression, and by eating the high carbohydrate foods SAD patients are trying to boost their spirits.

Animal studies have shown that 'carbos' cause insulin levels to rise in the body resulting in changes in a brain chemical known as seratonin which plays a role in mood regulation and appetite.

Patients experienced a disappearance in the cravings and depression, in many cases, when they were exposed to increased amounts of artificial light.

So...if you are looking to Luigi's Pasta Take-out more often in the next few months, better turn on some more lights - it could save your waist-line at least! «

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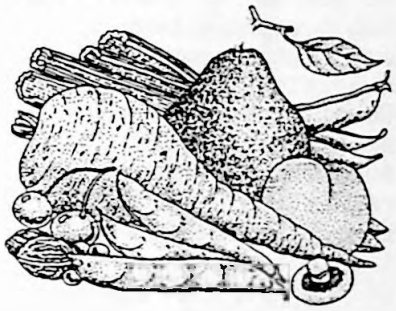

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REPORT cont...

these minerals can bring about relief. This result can be permanent, last a day, a week or a month - depending on the kidneys' ability to maintain these substances in circulation. Some of the symptoms which accompany this condition are tinitus (ringing in the ears) and headaches (the pressure type.) There is often also potassium deficiency. He summarized that C.E.B.V. and depression are the same disease but have a psychological pathology.

Dr.A. Lieberman spoke on the management of Herpes, C.E.B.V. and the Flu'. He treats patients with these conditions as individuals. Some or all of the following neutralizing solutions are used to desensitize the patients: Influenza Virus Vaccine, Histamine, Rubella Virus Vaccine and Staphage Lysate. He discovered that in some people it was Rubella Virus and not E.B.V. that was detectable.

Dr. P. Saifer - Autoimmune Endocrinopathy-Environmental Connection.
She points out that sufferers can not seem to get out of their glass bubble. They don't usually have E. B. V. but do have an astonishing number of allergies, chemical sensitivities (have been treated for), Candidiasis and have elctromagnetic hypersensitivities. A.P.I.C.H. Syndrome -- Autoimmune Polyendocrinopathy Immune-Dysregulation Candida Hypersensitivity Syndrome. Dr. Saifer spoke mainly about the tie-in to the Thyroid and Ovaries. Some of the symptoms she spoke of in relation to Thyroiditus were: irregular periods, P.M.S. after childbirth, started to get bad in teens or active disease at puberty; Thyroid history in family or mental illness in family- T3 and T4 (Thyroid tests) are usually normal, cystic breasts, endometriosis, late teen tonsillectomies, autoimmune overload, constipation, teens going sour, becoming night people, hate of mornings, limited energy, prostatis, mixture of hypo or hyperthyroidism, and Candida infections. She stated that Thyroiditis should be checked first, then Oophritis. Both can be treated with neutralization or supplementation. If all else fails then sometimes removal of the organs is required. THESE PEOPLE CAN BE HELPED!

Dr. Z. Rona - Yeast Infection - Is it a Problem?
He stated that he and others believed that Candida toxins can affect the immune system, brain, and endocrine system. Candida may inhibit the natural killer cells' activity. Yeast is only one of many factors that weakens the immune system. Dr. Rona feels that a diagnosis can be obtained through medical history, culture from all orifices, blood work IgG, IgM and IgA, Immune Complex test, stage, and T-Cell tests. Dr. Wodjani's new tests as well as a combination of five antifungals which will be the most effective, plus gut permiability testing. This test is covered in the U.S. by insurance companies. He spoke about the ability of Candida to change and therefore to resist antifungal treatment. Other areas that he also believed should be looked at are: hidden food allergies, nutritional deficiencies, endocrine disease, stress, chronic viruses, immune disorders, heavy metals etc.

L. Trainor Phd. - Electromagnetic Radiation - Facts and Fiction.
Dr. Trainor addressed the fact that each atom, cell and body tissue is made up of electromagnetic fields. There are a wide range of frequencies which can cause a very different phenomenon. Every area is full of electromagnetic stimulation. Only the right receptor is needed to pick it up, e.g. radio for sound waves and T.V. for other sound waves etc. He stated that it was an illusion that the higher the frequency, the more damage that is done. The body mechanism may effectively use some waves e.g. homeopathy, neutralization etc. Different frequencies equal different neutralization doses. The molecular imprints are in the structure of the water - although the original substance is not detectable.

Although, unfortunately I was unable to stay to hear the final two speakers, I felt that this was a very worthwhile conference and another successful annual event. «

HEARD cont...

research on e.h. and its treatment is required and would be vigorously supported by HEF Canada.

Much of the literature pertaining to e.h. is not published in the leading North American medical journals, yet 'Lancet', the prestigious journal of the British Medical Association includes such articles.

Judge Thomson recommends research on the aetiology of environmental hypersensitivity treatment and the number of persons affected by it. HEF adds that longitudinal studies of persons with the illness and the medical treatment used by the membership would shed much light on the variance in the ways in which the illness presents itself and progresses. HEF urges the continuation of government sponsored research in areas of public concern where the private sector might have a conflict of interest, e. g. good additives, pollutants, product safety testing pesticides and herbicides. Also, a review of standards for pollution in the home and workplace must be evaluated to reflect the "total load" concept and the reality of the adverse effects of low-level pollution.

The expenses incurred by patients with e.h. are frequently a burden on failies. HEF members are generally dissatisfied that provincial health plans do not cover certain therapies which have been proven to be beneficial while fully insured interventions have been tried and found to be less helpful. For most members the major costs are for tests and treatments used in provocative neutralization therapy. In addition, use of organic foods is normally a part of diet manipulation and such foods are costly and difficult to obtain. Substantial expense is also incurred obtaining drinkable water.

Replacing home or gas heating units with electrical heat, removing synthetic rugs, curtains and upholstered items from the home, expenditure for treatment, food and environmental changes all mean that spending priorities of other family members are limited. Discretionary income is spent on the sick member(s) of the family. The Thomson Comission cited an average cost of $4,463.00 in 1987 for the type of procedures cited above.

next page..

HEARD conclusion

In addition to the financial costs, some persons with e.h. have had to stop work. Students have had to stop going to school. Housewives and mothers have not been able to carry out their domestic responsibilities. Because the illness is not recognized, members frequently have difficulty obtaining disability insurance carried by their employers. Any chronic illness causes financial stress and anxiety. However, where the illness is unrecognized, the patient has additional problems because his illness is not readily understood by family, friends and colleagues. In many cases, persons with e.h. have made career changes to avoid working in an unhealthy environment.

Environmental hypersensitivity is not recognized by private sector disability insurance policies nor Workman's Compensation programs to the knowledge of HEF and in consequence many of our members find themselves in dire straits. Many are dependent on welfare which is woefully inadequate in purchasing the necessary vitamin supplements, natural fiber clothing, safe housing, less contaminated food and water which recovery necessitates. They therefore remain dependent on government assistance for longer periods than necessary. Their plight cannot be under-estimated or ignored.

The brief ends with seven recommendations to the Government of Canada.

1. The establishment of a federal task force on environmental hypersensitivity and other conditions thought to be influenced by the environment.

2. Initiation of research into the causes and effects of low lovel pollution particularly as it affects persons with environmental hypersensitivity.

3. Review of accessibility of all federal social, medical and other support systems to persons with e.h. and consequent legislative amendment to eliminate discrimination.

4. Provision of a sustaining grant to the Human Ecology Foundation of Canada for furtherance of its community education and programs.

5. Amendment of federal income tax laws to provide financial relief to persons suffering from e. h.

6. Initiate an information campaign to address misconceptions about e. h.

7. Devote financial resources to prevention of illness, rather than costly interventionist medical technology that seems to ameliorate the results of illness. In this regard, particular attention should be paid to the well-being of children. «

Symptoms of Inner Peace

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that everyone, everywhere could come down with it in epidemic proportions. This could pose a threat to what has, up to now, been a fairly stable condition of conflict in the world.

Signs & Symptoms:

* A tendency to think and act spontaneously rather than on fears based on past experiences.
* An unmistakable ability to enjoy each moment.
* A loss of interest in judging other people.
* A loss of interest in interpreting the actions of others.
* A loss of interest in conflict.
* A loss of ability to worry (this is a very serious symptom!)
* frequent, overwhelming episodes of appreciation.
* Contented feelings of connectedness with others and with nature.
* Frequent attacks of smiling.
* An increasing susceptibility to the love extended by others and an uncontrollable urge to extend it.

Warning!

If you have some or all of these symptoms, please be advised your condition of inner peace may be advanced as to not be curable.

If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk!

(Copied from a poster on Dr. Irving Korman's waiting room wall — Thanks to Carolyn McCoy for passing it on for ECO-SENSE.)

THE HUMAN ECOLOGY FOUNDATION OF CANADA is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The HUMAN ECOLOGY FOUNDATION is to promote the free exchange of information on the prevention and treatment of Ecological Illness. People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment.

On a local basis, HUMAN ECOLOGY FOUNDATION Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the HEF includes a subscription to ECO-SENSE, the newsletter of the Ottawa Branch, and to The H.E.F. Quarterly, from the National Office. Each is produced four times a year. The cost of an annual membership and subscription is $20.00.

A Membership Application form is inside this copy of ECO-SENSE, which, along with any enquiries may be directed to:

The Human Ecology Foundation of Canada
P.O. Box 11428, Station H,
NEPEAN, Ontario
K2H 7V1